

### Abstract of the Disclosure

A micro-perforated laminae includes a layer of material having a plurality of spaced-apart perforations, in which the total open orifice area of the perforations is about 0.1% to 17.0% of the total surface area of the layer of material. The layer of material can be a thermoplastic material, metal foil, cellulosic film, paper and/or nonwoven. The perforations can be slits, with each slit having a length of no more than about 100 mils (2.54 mm). Alternatively, the perforations can be holes, in which each hole has a diameter of no more than about five mils (0.13 mm). The total open orifice area of perforations can be in the range of about 0.1 mm<sup>2</sup> to about 17 mm<sup>2</sup> per square centimeter of the total surface area of the micro-perforated laminae.